

Abstract The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The subjects were 40 sedentary, middle-aged women who were randomly assigned to either a supervised walking program or a control group. The walking program consisted of 12 weeks of supervised walking, 3 times per week, for 30 minutes per session. The control group consisted of 20 women who did not participate in the walking program. The subjects were assessed at baseline and at 12 weeks. The physical health outcomes measured were weight, body mass index (BMI), waist circumference, and blood pressure. The psychological health outcomes measured were self-reported physical health, self-reported mental health, and self-reported quality of life. The results of the study showed that the walking program had a significant positive effect on the physical and psychological health of the subjects. The walking program resulted in a significant decrease in weight, BMI, waist circumference, and blood pressure. The walking program also resulted in a significant improvement in self-reported physical health, self-reported mental health, and self-reported quality of life. The results of this study suggest that a 12-week, low-intensity, supervised walking program can have a significant positive effect on the physical and psychological health of sedentary, middle-aged women.

-41-